

INGREBOURNE VALLEY BY BICYCLE

FROM UPMINSTER WINDMILL TO ALBYNS POND

This charming ride follows the Ingrebourne Valley, mostly along London Loop Section 23. The route passes through Hornchurch Country Park - at various times a farm, military airfield, gravel quarry and rubbish tip - until in 1980 the local authority acquired and transformed it into a wildlife haven. Why not see if you can spot the trees illustrated here? You can continue along the London Loop to Rainham Village and Rail Station, but this route includes busy roads.

